

## Welcome Back to a Renovated St. Clair

*The wait is over!*

**June 12-16**

Orientation/Tour

Sneak Peeks

CALL 615-848-2550

*to schedule your time.*

**June 17**

Center Closed

**June 19-30**

Free Classes Offered

*Limited to 2 programs*

*per person.*

**June 23**

Grand Opening

*Please see page 2 for more  
information in the director's article.*



**We are looking forward to our newly renovated senior center and we hope that you are too!**



Connie C. Riggsby  
Center Director  
criggsby@  
murfreesborotn.gov

The time has come for the Center to reopen! We are proud to say starting June 12<sup>th</sup>-16<sup>th</sup> all seniors will need to sign up for a sneak peek tour and participant orientation. We ask that you call 615-848-2550 to sign up. Be the first to get a tour and have the orientation process out of the way so when the center reopens for programs and services you can join the fun right away. If you wait until after the 16<sup>th</sup> expect a delay into starting classes or joining in on the daily activities un-

til an orientation is provided to each senior by staff. All seniors will need to go through the orientation process before starting programs offered by St. Clair so get signed up now!

June 16<sup>th</sup> the Center will offer its Rabies clinic and a few select programs offered by our Social Services Staff. The Center programs will not be open on this date as we still have furniture arrivals and last minute deliveries sched-

uled for this date.

June 17<sup>th</sup> the Center will not be open to participants. The week of June 19-June 30 will be the beginning of classes offered by St. Clair. As a welcome back the Center is offering for the remainder of June free programming. Seniors can sign up for two programs at the free charge. Please sign up by call 615-848-2550 once you receive your LEAF newsletter.

June 23<sup>rd</sup> will be set aside for the Center's Grand Opening to the Public.

Saturdays will offer new hours for programs 10:00 a.m. to 2:00 p.m. starting June 20<sup>th</sup>. Check out new Saturday class offerings from exercise classes, cooking classes, support groups and so much more.

We want seniors to "Commit to be Fit" in our new physical fitness programming. "Express Yourself" in one of our new arts classes. "Maintain your Brain" with our expanded educational programs and join the fun because "Fun is FUNdamental" in all we do!

**Thank you for all your patience!**

### Music Lessons at Return to St. Clair

Jane McNulty, Music Wellness Instructor, is returning to the Center to offer group lessons in piano, dulcimer and ukulele.

As owner of Piano For Pleasure and Music For Everyone, she teaches and facilitates Recreational Music Making. Jane's goal with Music for Everyone is to give people in different interest groups the opportunity to explore the value of music, whether in listening or performing, in their daily lives.

Jane has a way of calming fears for those who might be to afraid to try. No one wants to be seen as a failure in something, but for those willing to try a new activity, Jane is there to guide you. Group lessons also help ease that fear. Everyone learning something new together with a patient and knowledgeable instructor seems to make playing music enjoyable.

A vast amount of research has been conducted on the potential therapeutic benefits provided by music. Playing music can be soothing and stimulating to your primary senses (touch, sight) and keeps you calm and composed. A study conducted on elderly persons in America has proven that group music lessons have helped retirees to relieve their anxiety, depression and loneliness levels. These three factors play a crucial role in your overall health and music can stimulate the immune system and improve players' overall health.

Jane has been teaching piano for over twenty years and group lessons for adults in piano, ukulele and dulcimer for the past five. In addition to her teaching, Jane serves as President of the Murfreesboro Symphony. Jane is married to Kevin McNulty, owner of Humadyn - Life Skills Institute. They have two children, Christina (finishing up at MTSU) and Alexandra (attending MTSU but transferring to Lee College).

**New classes begin in July at the Center. Hope to see you there!**





## New & Exciting!

Check out the descriptions of computer classes we're offering FREE in June. There will be only 5 in each of these June-only free classes so sign up now!

### iPad/iPhone Beginner Workshop:

Have you recently upgraded from a flip phone to an iPhone? Or have you had your iPhone for a while and only use it for phone calls? If you have an iPhone or an iPad and you are ready to learn the ins and outs of it, as well as how to take advantage of its many



*Lisa Foster*  
Program Coordinator  
[lfoster@murfreesborotn.gov](mailto:lfoster@murfreesborotn.gov)

organizational tools, and the countless number of apps you can add to it for even more fun, register today for this workshop! \*\*You must bring an iPhone or iPad with you to this workshop, as well as your Apple ID and password. If you're not sure of your Apple ID and password, you may have it written down somewhere OR whomever helped you set up your iPad or iPhone may know it. Do your best to come with this information.

### Android Beginner Workshop:

Have you recently upgraded from a flip phone to an Android smartphone? Or have you had your Android smartphone for a while and only use it for phone calls? If you have an Android smartphone or tablet and you are ready to learn the ins and outs of it, as well as how to take advantage of its many organizational tools, and the countless number of apps you can add to it for even more fun, register today for this workshop!

\*\*You must bring an Android smartphone or tablet with you to this workshop. This is NOT a workshop for Apple (iPhone/iPad) devices!

### Facebook Workshop:

Do you want to stay connected to your children and grandchildren? Do you want to see what they are doing every day? Facebook is a wonderful way to keep abreast of the daily lives of those you love. See the pictures they pose, share your pictures with them...send them messages to let them know you are thinking about them. You will learn how to do all of this, as well as make sure your Facebook account is set up privately and securely.

## Labas!

**UPDATED LOCATION: OUR FOLKFEST EVENT WILL BE HELD AT WESTBROOK TOWERS COMMUNITY ROOM... SAME TIME AND DATE DUE TO TOURS AT THE SENIOR CENTER AND REGISTRATION.**

We have the pleasure of hosting the International Folkfest Dancers from Lithuania this year. They will be at Westbrook Towers in their community room on Tuesday, June 13 from 10:00-11:00 a.m. Established in 1982,

the International FolkFest brings performance groups from all over the world to Murfreesboro, Tennessee, to celebrate international music and arts. The event hosts overseas performers who share their talents with local communities, promoting awareness of the artistic diversity of cultures around the world.

Call to make your reservation 615-848-2550, as seating is limited to 150. There is no charge for this event.

If you want to see the other dancers who the Folkfest brought

to Murfreesboro, go to the East Side of the public square—at the Court House—on Saturday, June 17 from 8:30 a.m.-12:30 p.m. Bring your lawn chairs and money to purchase items sold by the groups from Canada, Mexico and Lithuania. Saturday's event is free admission as well.



*Brenda Elliott*  
Program Coordinator  
[belliott@murfreesborotn.gov](mailto:belliott@murfreesborotn.gov)

Visit us on the web at [www.murfreesborotn.gov/seniorcenter](http://www.murfreesborotn.gov/seniorcenter)



By Amanda Pullias  
ADS Coordinator  
ADS Hours: Monday-Friday  
8:00 a.m.-4:30 p.m.

## ADS HAPPENINGS

*By Amanda Pullias, Adult Day Service Program Coordinator*

In the ADS we love opportunities to celebrate and we had plenty of opportunities to celebrate in May. We enjoyed a nice Mother's Day luncheon of chicken salad croissants, marinated green bean salad, melon and frozen cherry salad. We enjoyed the week of Cinco De Mayo with tamales, taco salad and Mexican frozen fruit bars. We celebrated Mrs. Johnnie's birthday with her. We remembered the sacrifice of veterans for our country, enjoyed burgers and potato salad, and enjoyed a day off to celebrate Memorial Day in our own way.

The staff was privileged in late April and May to attend events that help to keep us informed and trained. One was the Caregiver Conference hosted by the Alzheimer's Association and the other was the annual spring conference of the Tennessee Association of Adult Day Services. We are thankful for those opportunities to strengthen our programs.

Looking forward, we'll be moving into our newly refurbished and decorated space at the Senior Center in June. We hope our community friends will visit us there.



Gary Pailer entertains the ADS participants and preschoolers at St. Mark's United Methodist Church.

June we'll have an outing to enjoy the late spring/early summer days. We'll enjoy the various activities within the senior center that are offered under a new schedule. Yes, LIFE IS GOOD in the ADS.



Reba Ellison enjoys water painting in the ADS

### ZESTY POTATO SALAD RECIPE (feeds 6-8)

- Cook 6 -8 medium potatoes in boiling salted water until fork tender.
- Drain and allow to cool, peel potatoes and cut into cubes
- Sprinkle 4 tablespoons cider vinegar or sweet pickle juice onto potato cubes and toss to coat.

Add 1 cup mayonnaise

Add ¼ cup finely diced celery

Add ¼ cup chopped sweet pickles

Add ¼ cup diced red onion

Add 1 chopped hard -boiled egg (optional)

Add 1 tsp fresh dill or ½ tsp dry dill and 1 tsp fresh parsley or ½ tsp dry parsley

Add 1 tsp dry mustard

Add a generous pinch of ground white pepper, if available, or black pepper

Add 1 tsp salt.

OPTIONAL: Add ½ tsp Cajun seasoning for zest

- Mix well to coat and adjust seasonings.
- Garnish with paprika



# VOLUNTEER CORNER

## Thank You Volunteers



Thank You, Thank you, to all the wonderful volunteers that give of their time and talents to St. Clair Street Senior Center! We have some very special and dedicated individuals who help the programs at St. Clair run so smoothly. We appreciate all the hard work and heart you put into our programs!

With the reopening of St. Clair we will be renewing and updating all our volunteer forms. If you are currently a volunteer or have an interest in becoming one, please call Kathy Herod, the new Volunteer Coordinato, at 615-848-2550 or you may email her at: [kherod@murfreesborotn.gov](mailto:kherod@murfreesborotn.gov) to receive a volunteer application.







By Dee Brown  
Care Program Specialist  
dbrown  
@murfreesborotn.gov

### **Tennessee Medicaid/ Choices Program**

Legal Aid Society Managing Attorney, Andrea Crismon will give a presentation about TennCare Medicaid and the Tennessee Choices Program on Friday July 14<sup>th</sup> at 10:00 a.m. This is an important issue that could potentially impact you or your family members long term care. As most people know, when in home assistance or nursing home care is needed, unless you have a long-term care insurance policy, you will pay for that care yourself. The only way to get help paying for those costs is with state assistance that has many qualifying factors. Many individuals worry about losing their house, all their assets and leaving a spouse without any way to live. This is a very real worry, however there are a lot of misconceptions about the rules and regulations regarding about Medicaid Long Term Care. Please join us to get the facts and get your questions answered. Please sign up for this program by Wednesday, July 12<sup>th</sup> if you plan to attend.

### **Farmer's Market**

We will go to the Rutherford County Farmer's Market for the first time on Friday, June 23<sup>rd</sup>. If you have not gone with us in the past, you should give it a try. We leave at 8:30 a.m. and will be back by 10:00 a.m. This gives us a full hour to shop the market and there is a beautiful and vast selection of fruits, vegetables, plants, honey, baked goods and many other local products. Please call us to reserve a spot on the van by the Wednesday before if you plan to go, also encourage your friends to go, everyone always seems to enjoy the trip and comes back with a few treasures. Also, it is important to know that if you are a SNAP recipient and have an EBT card, you will receive \$20 in free tokens for the first \$20 you spend using your EBT card. This is a wonderful way to double your spending and get some of the healthiest food available.

### **Simple Wills**

On Tuesday, July 11<sup>th</sup> at 10:00 a.m., local attorney Michael Craig will present information about legal documents needed by seniors, such as wills, power of attorney and advance directives. This should be a very informative session and you are encouraged to attend to learn more about preparing for the

future. The following week on Wednesday July 19, he will be writing those documents for you for a minimal cost of \$25 per person, per document. He will write simple wills and financial power of attorney. You will need an appointment to meet with him and will need to call Dee at 615-848-2550 to make an appointment. I will begin making appointment on June 1<sup>st</sup>. He will only be able to do "simple wills", which means a straight and uncomplicated transfer of assets to beneficiaries. If you have property in another state, trusts, or other issues to complicate easy transfer of your estate he will not be able to that at these appointments. If you have questions about this issue you can give me a call.

### **Parkinson Support Group**

We will resume our support group meeting on Saturday, July 15 at 12:30 p.m. (Please note this is a time change from the 1:30 p.m. previous meeting time.) Our group meets on the third Saturday each month and normally will have an educational speaker who will present information relevant to Parkinson's Disease. We have been on break for many months due to the renovation of the senior center and are looking forward to getting together again. This group is open to individuals with Parkinson's Disease and their friends and family members that are interested in learning more about the disease, to gain support, to learn from one another and to make new friends. This is a very informal group, you do not need to register to attend, and please dress casually. For those of you that I already have on the contact list, you will receive a reminder notice, either by standard mail or e-mail. If you can't attend this meeting but would like to receive monthly reminders about future meetings, please give me a call and I will add you to the contact list. Hope to see you there, please give me a call if you have any questions.

### **Linebaugh Library and Rover Connection**

It is now easier than ever to return books to the Linebaugh Public Library. Linebaugh Library has teamed up with the Rover bus system to make it easier to return books. All Rover buses now have book return bins located on the buses. You do not have to ride the bus to use this service, you can get on the bus at any stop in order to deposit a book. All books will be returned to the library at the end of the day. In addition, Linebaugh Library is also now selling Rover tickets. This is one of the new great way our community is coming together to assist the citizens of Murfreesboro.



## CAREGIVER CONNECTION: LONELINESS CAN KILL

If you're not careful, loneliness might kill you.

Everyone feels lonely at times in their lives, like when a special friend or relative dies. But doctors are quick to point out that it's the continuing, persistent kind of loneliness that carries very real health risks. Studies suggest that loneliness is more dangerous than packing on some extra pounds. Yet Americans spend billions of dollars on diet products and often make little effort to address their loneliness.

- Loneliness can increase the risk of premature death.
- Loneliness affects not only our current mental health—think depression. One recent study also suggests it increases the risk for dementia later.
- Loneliness often brings sleeping problems that seriously affect health.
- Loneliness can increase inflammation throughout the body, which

carries its own risks. That inflammation can also exacerbate existing conditions like arthritis and heart disease.

Mayo Clinic's Health Letter suggested strategies for combating loneliness, including these ideas for nurturing friendships:

- Reach out: An unexpected phone call or email, even just to say hello, is a meaningful gesture.
- Be positive: Think of friendship as an emotional bank account. Make deposits of kindness and approval, keeping in mind that criticism and negativity draw down the account. Nonstop complaining also puts a strain on a friendship.
- Extend and accept invitations: Invite a friend to join you for coffee or lunch. When you're invited to a social gathering, say yes. Contact someone who recently invited you to an activity and return the favor.

**Need more friends?**

- Attend community events
- Find a group with similar interests in an activity, such as reading, sports, crafting or gardening. Take a college or community education course.
- Volunteer: Offer your time or talents at a hospital, place of worship, museum, community center, charitable group or other organization. You can form strong connections when you work with people who have mutual interests.
- A pet can provide many of the same companion benefits as human friendships can.
- Join a community service organization and put your talents to use.
- Mother Teresa—the impoverished nun who spent her life helping the poor—described loneliness as the “most terrible poverty.”

*Enrich your life with friends, Cindi*

### Back/Knee Brace Scam

You may receive a phone call or a post card through the mail telling you that you qualify for a Medicare-covered back or knee brace. All that is needed is your Medicare number. What makes this scam so confusing is that you may actually receive a brace of some sort (usually a Velcro style band), but the scammer then bills Medicare for a device that is worth hundreds or thousands of dollars more than the item that you received. And now that they have your Medicare number, they can continue to bill Medicare for services not rendered. What also makes this scam worse, is that if in the future you have a medical need

for a back or knee brace and Medicare has already paid for one you will not get another one. Do not deal with these people, nothing good will come from it. Never respond to open solicitations for Medicare-covered supplies/services. If you need a device, equipment, or supplies always go through your health care provider or facility at the time you are actively receiving services. It is also very important to monitor your Medicare statements for any claims for services or supplies billed to you, that you did not receive. You can report these issues to Medicare at 1-800-633-4227 or the Office of the Inspector General at 1-800-447-8477.

*Visit us on the web at [www.murfreesborotn.gov/seniorcenter](http://www.murfreesborotn.gov/seniorcenter)*

**GRIEF SUPPORT**



**Friday, June 16  
11:00 a.m.-12:00 n**

Come take this journey with individuals that are in need of emotional and physical support in a safe and non-judgmental environment.

Death/Marriage/Divorce/Retirement/Health/Work  
/Living Conditions/Financial state/Relationship w/  
family, friends, co-workers



**MEMORY CAFÉ**

**will not meet in June**

*Memory Cafe is a safe and comfortable place for caregivers and their loved ones to socialize, listen to music and enjoy other activities together with others.*

**“SHARE THE CARE”**

**This support group is to provide emotional, educational, and social support for family caregiver's of those diagnosed with Alzheimer's or dementia.**



**Thursday, June 22  
1:30-3:00 p.m.  
St. Marks Methodist Church**

**LUNCH & LEARN**



The 3<sup>rd</sup> Thursday of each month  
11:30 A.M. -1:00 P.M.

*Programs during the lunch hour to help educate and inform participants about their environment, health subjects, financial planning and community resources.*

**CARE CONNECTION**

Support Group  
(Formerly Labor of Love)

Will meet

**Friday, June 23  
11:00 a.m.-12:00 n  
at the Senior Center**

**The Caregivers Support Group is for relatives caring for the elderly with chronic illness & Alzheimer's disease**

**SUPPORT GROUPS AT ST. CLAIR**

**Alzheimer's Association Support Group “Share the Care”** meets Thursday, June 22 at 1:30 p.m. at St. Marks Methodist Church, 1267 N. Rutherford Blvd., Murfreesboro. The group's goal is to provide emotional, educational and social support for family caregivers of those diagnosed with Alzheimer's or dementia. Contact Cindi Thomas for more information at 615-848-2550.

**Memory Café will not meet in June.** Memory Cafe provides a relaxed, friendly occasion for persons with Alzheimer's or other memory loss issues and their caregivers to talk, laugh and experience friendship. Dessert, coffee and iced tea will be served. Contact Cindi Thomas for more information at 615-848-2550.

**Grief Relief Support Group meets Friday, June 16 at 11:00 a.m.** The support group is for those individuals who are in need of emotional and physical support in a safe and nonjudgemental environment. Grief can be: death, marriage/divorce, retirement, health, work, living conditions, financial state, relationship with family, friends or co-workers.

**Parkinson Support Group** resumes it's third Saturday meeting of the month on July 15 at 12:30 p.m. This group offers educational programs and guest speakers for those afflicted with Parkinson's disease and welcomes Parkinson patients and family members to join us for education, support and friendship. Contact Dee Brown at 848-2550 ext. 2504 for more information.

**Care Connection** (formerly Labor of Love Caregiver Support Group) meets on Friday, June 23 at 11:00 a.m. for general questions, answers and support. A light lunch is provided. This support group offers compassion and advice for caregivers of seniors with Alzheimer's, dementia, the disabled and the chronically ill. Contact Cindi Thomas at 848-2550 ext. 2506 for more information. Please be sure to tell others who may benefit from this group.



In honor of Men's Health Month I am writing on a subject that may affect many of you – testosterone use. While testosterone products have been available since the 1940s, it wasn't until the early 2000s that they became so readily available and heavily prescribed. Men's bodies produce testosterone, reaching adult levels around age 17 and remaining there until men are in their 30s or 40s. It is a normal part of aging for the testosterone levels to then decrease, yet men are being told that they can drink from the fountain of youth by using one of these products. If you have a medical condition that causes an unusual decline in your testosterone level these products may have a positive effect on you. However, there are studies that show the testosterone therapy used by men who have low testosterone due to aging does not provide consistent benefits and was actually no more effective than a placebo on sexual function or satisfaction, muscle strength or physical function. These studies also showed no positive affect on mood and actually linked taking the testosterone to increased anger, aggression, and hostility. It also does not seem to be beneficial in improving memory or cognitive impairment. Other findings of studies done on these products show the risks involved, including an increased risk of developing blood clots, especially in the legs. These blood clots can then break off, block blood vessels and become fatal. In addition, testosterone product use also carries a warning about increased risk of heart attack and stroke. If you are taking testosterone- orally, through a patch, or an injection – you need to watch for chest pain or pressure, shortness of breath, irregular heart rate, or weakness, numbness, or tingling on one side of the body. If you experience any



of these you need to seek medical help immediately. Experts believe testosterone therapy can also make some medical conditions worse, such as congestive heart failure, sleep apnea, BPH (benign prostate hypertrophy), and prostate cancer. If you still decide to use testosterone, you should do so through your doctor and not buy products in a store, magazine, or a gym.

Rather than risking harm to your health, you can boost your testosterone levels in a much safer way. If you will increase your physical activity, lose weight (and maintain a healthy weight), and eat a healthy diet, you will likely see an improvement in some of the things that caused you to want to take testosterone replacement to begin with. It seems the more vigorous the activity, the more it raises the testosterone level, so aerobic exercise (such as jogging, biking, taking an aerobics class) is a great choice. Weight and resistance training may help, as well. Of course, you can receive other benefits if you go the natural route, such as lowering your blood pressure and your risk of heart disease. You may even lose some weight. Believe it or not, getting plenty of sleep may also help with your testosterone levels as can lessening your stress levels. There are some medications that may lower your levels, too, but do not stop a medication on your own; always work with your doctor. As usual, it's best if you take steps to improve your health in natural ways rather than taking a substance that probably promises more than it can deliver.



Laura Grissom, LPN  
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## TAKE CHARGE OF YOUR DIABETES

If you or someone you care for is diabetic or pre-diabetic, sign up for this free six week workshop designed to help you manage your diabetes and live a healthier, happier life. Our senior center teams up with the UT Extension office and Rutherford County Health Department to bring you this informative, life-changing program so you can better manage your health and communicate more effectively with your doctors and family members. Classes are on Tuesdays, 9:30 – 11:30 a.m., July 18 – August 22. Registration is required and there is a limit of 15. See the nurse for more information and sign up by Monday, July 10.

## GO 4 LIFE: Fit Exercise & Activity Into Your Daily Life!

If you have never exercised or if you stopped exercising for some reason, let us help you get moving! Go4Life is from the National Institute on Aging and their goal (and ours) is to improve the health and well-being of older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. We are a “do it at your own pace” class for folks on many different fitness levels so starting June 19 join us on Mondays, Wednesdays and Fridays from 1:00-2:00 p.m. in the exercise room and improve your health! There is no fee for this class, just speak with the nurse if you are interested.

## Tennessee Technology

There will not be a trip to the Tennessee Technology Center for nail and hair care in June. However, you can call them at 615-898-8010 ext. 118 to make an appointment on your own.

**Your blood pressure can vary by arm. That's why most physicians take blood pressure in both arms.**

## Blood Pressure Clinic:

It's been awhile - you need to get your blood pressure checked! Did you realize high blood pressure is a leading cause of heart disease and stroke? The blood pressure clinic is every Monday starting June 19 from 9:30-11:30 a.m. in the nurse's station. We have wonderful healthcare providers here each week to help you keep track of your numbers. It's a great time to start this healthy habit!

## CPR/AED/FIRST AID CLASS

We have a CPR/AED/First Aid Class scheduled for Saturday June 24 from 8:30 a.m. until 3:00 p.m. The class will have two fifteen-minute breaks and one thirty-minute lunch break. Feel free to bring a sack lunch and drink. The class is normally \$90 through the American Red Cross. Due to our Grand Opening month, we are charging seniors \$30 for this class and the senior center is picking up the remaining balance. This class certifies you for CPR/AED and First Aid. Certification is good for two years. There is a maximum of 12 persons allowed in the class with a minimum of 8 for the

class to go forward. Sign up is required by June 14. There is no test at the end. This class is very hands-on. This is a note the American Red Cross wrote about this class: “Goal is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. Teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Program offers First Aid, CPR and AED course to meet the various training needs of a diverse audience.” See Brenda Elliott if you have questions.



Visit us on the web at [www.murfreesborotn.gov/seniorcenter](http://www.murfreesborotn.gov/seniorcenter)



## GOOD TO KNOW

### “The Gardener’s Corner”

You can plant annuals that can take the full sun during the summer months including More marigolds, zinnias, celosia, portulaca, vinca and some coleas. You should remove any dead or old flowers from your existing plants to encourage new growth. Plants such as sunflowers, zinnias, Mexican sunflowers, cosmos, basil and dill can still be direct-seeded.

In the vegetable garden, harvest your vegetables as soon as they are ripe for the freshest taste, to prolong production and to avoid pest issues. Beans, peas, squash, cucumbers and okra are usually ready. You can still plant okra, southern peas, lima beans and sweet potatoes. To increase a bushier growth pinch back your annual and perennial herbs. Remove any dead/finished vegetable plant from your garden and plant new crops in their place.

If you have areas in your lawn where grass simply will not grow consider using a ground cover rather than grass. Continue mowing your lawn at the proper height and look for any disease or insect infestations.

How can you help control mosquitoes and other an-

*By Jack Smith, Certified Master Gardener*  
noying insects? Consider Bats! Bats can be an effective way to control insects. One big brown bat can eat 3,000 to 7,000 insects each night. Attract bats by building and placing bat houses in your yard.

During the hot summer months, mulch can be especially useful for conserving water. Consider mulching your vegetable garden as well as your ornamentals. The mulch not only helps conserve moisture, but it prevents the splashing of water thereby reducing the spread of disease. It also adds organic matter to the soil and prevents many weeds.

Daylilies are in peak bloom in June. It is a good time to buy daylily selections for your garden to ensure you get the color you desire. Visit a daylily farm for the best selections, and plant them in full sun for the best flower production.

Foliar feed young seedlings by mixing a little plant food and water in a handheld sprayer bottle, and give them a blast or two in place of their regular feeding.

### 2017 Art in the Rotunda

Mark your calendars: for the artists who would like to put art in the Rotunda at City Hall this year, the dates for 2017 have been changed to October 17 through November 26. We are letting you know ahead of time so you can create some wonderful paintings to add to St. Clair’s display. More information will come as the 2017 season approaches.



### BIRTHDAY PARTY CONCERT


1960’s -1970’s Style AND you are cordially invited to a Birthday Party & Concert on Tuesday, June 27 from 9:30-11:00 a.m. You can dress in 60s or 70s attire if you want! There is no fee, but the entertainment is PRICE-LESS. Sam Mullins and Jim Frazier will take you on a walk back memory lane to music of Simon & Garfunkel, Chicago, Billy Joel, Hall & Oats, Doobie Brothers, Crowded House and more! You are will LOVE this concert party! Reserve a seat by calling 615-848-2550 or sign up at the welcome center. Limited to 130 persons. Deadline to sign up is June 23. Bring your scan card! Contact Brenda Kiskis Elliott with questions. See you there!

**June 27 at 9:30 a.m.**

## JUNE CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>June Happy Clown News</p> <p>Mark your Calendars: All Happy Clowns and Anyone interested in being a clown is asked to come to our June Meeting which is Wednesday, June 28 from 1:00-3:00 p.m. at St. Clair Street Senior Center. All current Happy Clowns are asked to come as this will also be our Election of Officers Day.</p>	<p>Game Room Closed</p> <p>The Game Room which houses the pool tables will be closed Friday June 16, 2017 from 8:00 a.m. until Noon due to the rabies clinic. Thank you for your understanding.</p>	<p>COMING SOON</p> <p>Saturday, July 8 6:00-9:00 p.m.</p> <p>Summer Nights Dance</p> <p>\$5 at the door</p> <p>Music by Deb Thomas Band</p>
<p>12 <b>DEADLINE 6/16 RABIES CLINIC</b></p> <p><b>DEADLINE 6/19 IPAD/IPHONE WORKSHOP</b></p> <p><b>DEADLINE 6/19 ANDROID WORKSHOP</b></p> <p><b>CENTER TOURS &amp; ORIENTATION</b></p> <p>8:00 a.m.-4:30 p.m.</p> <p>Call to schedule your appointment time.</p>	<p>13 <b>DEADLINE 6/20 INTERMEDIATE PIANO</b></p> <p><b>DEADLINE 6/24 CPR/AED CLASS</b></p> <p><b>CENTER TOURS &amp; ORIENTATION</b></p> <p>8:00 a.m.-4:30 p.m.</p> <p>Call to schedule your appointment time</p> <p>9:45 a.m. International Folkfest Dancers from LITHUANIA at Westbrook Towers</p>	<p>14 <b>DEADLINE 6/19 GET FIT STAY FIT</b></p> <p><b>DEADLINE 6/19 DOT'S GENTLE YOGA</b></p> <p><b>DEADLINE 6/20 &amp; 6/27 MOUNTAIN DULCIMER</b></p> <p><b>DEADLINE 6/21 FACEBOOK WORKSHOP</b></p> <p><b>CENTER TOURS &amp; ORIENTATION</b></p> <p>8:00 a.m.-4:30 p.m.</p> <p>Call to schedule your appointment time</p>
<p>19 <b>DEADLINE 6/20 TAI CHI</b></p> <p><b>DEADLINE 6/23 UPCYLING CLASS</b></p> <p><b>DEADLINE 6/24 COOKING CLASS</b></p> <p><b>DEADLINE 6/26 IPAD/IPHONE WORKSHOP</b></p> <p><b>DEADLINE 6/26 ANDROID WORKSHOP</b></p> <p>8:30 a.m. Get Fit/Stay Fit</p> <p>9:00 a.m. Dot's Gentle Yoga</p> <p>9:00 a.m. Intermediate Stained Glass</p> <p>9:15 a.m. Zumba Gold</p> <p>9:30 a.m. Duplicate Bridge</p> <p>10:00 a.m. iPad/iPhone Beginner Workshop</p> <p>10:00 a.m. In the Garden with Jack Crape Myrtles</p> <p>10:30 a.m. Dot's Gentle Yoga</p> <p>10:30 a.m. Tap Dance Class</p> <p>12:30 p.m. Android Beginner Workshop</p> <p>1:00 p.m. Singing Seniors</p> <p>1:00 p.m. Beginning Stained Glass</p>	<p>20 <b>DEADLINE 6/22 ZUMBA GOLD TONING</b></p> <p>9:00 a.m. Line Dance with Delia</p> <p>9:00 a.m. Intermediate Piano</p> <p>10:00 a.m. Intermediate Dulcimer</p> <p>10:00 a.m. iPad/iPhone Beginner Workshop</p> <p>10:00 a.m. Quilters</p> <p>11:00 a.m. Introduction to Piano</p> <p>12:00 N Introduction to Mountain Dulcimer</p> <p>12:30 p.m. Android Beginner Workshop</p> <p>12:45 p.m. Intermediate Line Dance</p> <p>1:00 p.m. Tai Chi: Intermediate</p> <p>1:00 p.m. Introduction to Spanish</p> <p>2:15 p.m. Spanish I</p> <p>2:15 p.m. Tai Chi: Beginning</p> <p>3:00 p.m. Ballroom Dance Class</p>	<p>21 <b>DEADLINE 6/28 FACEBOOK WORKSHOP</b></p> <p>8:30 a.m. Get Fit/Stay Fit</p> <p>9:00 a.m. Dot's Gentle Yoga</p> <p>10:00 a.m. Open Crochet &amp; Knitting</p> <p>10:00 a.m. Morning Chat with an Officer: K9s</p> <p>10:30 a.m. Dot's Gentle Yoga</p> <p>12:00 n Open Studio</p> <p>12:00 N Facebook Workshop</p> <p>12:45 p.m. Beginning Line Dance</p> <p>1:00 p.m. Go4Life</p>
<p>26 <b>DEADLINE 06/28 FOOD SAFETY CLASS</b></p> <p><b>DEADLINE 06/29 SCIENCE CLASS: TN NURSERY</b></p> <p>8:30 a.m. Get Fit/Stay Fit</p> <p>9:00 a.m. Dot's Gentle Yoga</p> <p>9:00 a.m. Intermediate Stained Glass</p> <p>9:15 a.m. Zumba Gold</p> <p>9:30 a.m. Duplicate Bridge</p> <p>10:00 a.m. Do This Not That!</p> <p>10:00 a.m. iPad/iPhone Beginner Workshop</p> <p>10:30 a.m. Dot's Gentle Yoga</p> <p>10:30 a.m. Tap Dance Class</p> <p>12:30 p.m. Android Beginner Workshop</p> <p>1:00 p.m. Singing Seniors</p> <p>1:00 p.m. Beginning Stained Glass</p>	<p>27</p> <p>9:00 a.m. Line Dance with Delia</p> <p>9:00 a.m. Intermediate Piano</p> <p>9:30 a.m. 1960s Birthday Concert</p> <p>10:00 a.m. Quilters</p> <p>10:00 a.m. Intermediate Dulcimer</p> <p>10:00 a.m. iPad/iPhone Beginner Workshop</p> <p>11:00 a.m. Introduction to Piano</p> <p>12:00 N Introduction to Mountain Dulcimer</p> <p>12:30 p.m. Android Beginner Workshop</p> <p>12:45 p.m. Intermediate Line Dance</p> <p>1:00 p.m. Tai Chi: Intermediate</p> <p>1:00 p.m. Introduction to Spanish</p> <p>2:15 p.m. Spanish I</p> <p>2:15 p.m. Tai Chi: Beginning</p> <p>3:00 p.m. Ballroom Dance Class</p>	<p>28</p> <p>8:30 a.m. Get Fit/Stay Fit</p> <p>9:00 a.m. Dot's Gentle Yoga</p> <p>10:00 a.m. Open Crochet &amp; Knitting</p> <p>10:00 a.m. Food Safety with UT Extension</p> <p>10:30 a.m. Dot's Gentle Yoga</p> <p>12:00 n Open Studio</p> <p>12:00 N Facebook Workshop</p> <p>12:45 p.m. Beginning Line Dance</p> <p>1:00 p.m. Happy Clown Class</p> <p>1:00 p.m. Go4Life</p>



THURSDAY	FRIDAY	SATURDAY/SUNDAY
PUZZLES DAILY IN THE PUZZLE ROOM		
POOL & CARDS DAILY IN THE SOCIAL AREA		
<p>15 <b>DEADLINE 06/19 INTERMEDIATE STAINED GLASS</b></p> <p><b>DEADLINE 6/20 &amp; 6/27 INTRODUCTION TO PIANO</b></p> <p><b>DEADLINE 6/20 SPANISH I &amp; INTRO</b></p> <p><b>CENTER TOURS &amp; ORIENTATION</b></p> <p>8:00 a.m.-4:30 p.m.</p> <p>Call to schedule your appointment time</p>	<p>16 <b>DEADLINE 6/19 ZUMBA GOLD</b></p> <p><b>DEADLINE 6/19 TAP DANCE</b></p> <p><b>DEADLINE 6/22 MIXED MEDIA</b></p> <p><b>DEADLINE 6/23 ART WITH SELINA</b></p> <p><b>CENTER TOURS &amp; ORIENTATION</b></p> <p>8:00 a.m.-4:30 p.m.</p> <p>Call to schedule your appointment time</p> <p>8:30 a.m. Rabies Clinic for Dogs &amp; Cats</p>	<p>17</p> <p>CENTER CLOSED</p>
<p>22 <b>DEADLINE 6/23 YOGA WITH LARRY</b></p> <p>8:30 a.m. Zumba Gold Toning</p> <p>9:00 a.m. Learn to Read</p> <p>9:00 a.m. Mixed Media: Dandelions in 3 Different Mediums</p> <p>9:30 a.m. Line Dance Practice with Judy</p> <p>10:00 a.m. Quilters</p> <p>10:30 a.m. Bingo with Health South of Franklin</p> <p>11:00 a.m. Chess</p> <p>1:00 p.m. Tai Chi: Intermediate</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:30 p.m. Share the Care Alzheimer's Support Group at St. Mark's United Methodist Church</p> <p>2:15 p.m. Tai Chi: Beginning</p>	<p>23 <b>DEADLINE 6/26 DO THIS NOT THAT</b></p> <p><b>DEADLINE 6/27 BIRTHDAY CONCERT</b></p> <p><b>DEADLINE 6/30 PAINT WITH LIZ</b></p> <p>8:30 a.m. Get Fit/Stay Fit</p> <p>9:00 a.m. Yoga with Larry</p> <p>9:00 a.m. Art with Selina: Watercolor Class</p> <p>9:30 a.m. Duplicate Bridge</p> <p>10:00 a.m. Care Connection Support Group</p> <p>10:30 a.m. Yoga with Larry</p> <p>1:00 p.m. Karaoke Fridays</p> <p>1:00 p.m. Go4Life</p> <p>2:00 p.m. UpCycling: NO-SEW Work Apron</p>	<p>24</p> <p>8:30 a.m. CPR-AED First Aid Class (\$30)</p> <p>12:30 p.m. Cooking Class</p>
<p>29</p> <p>8:30 a.m. Zumba Gold Toning</p> <p>9:00 a.m. Learn to Read</p> <p>9:30 a.m. Line Dance Practice with Judy</p> <p>10:00 a.m. Quilters</p> <p>10:00 a.m. Science Class: Tennessee Nursery</p> <p>10:30 a.m. Bingo with Suncrest</p> <p>11:00 a.m. Chess</p> <p>1:00 p.m. Tai Chi: Intermediate</p> <p>1:00 p.m. Seniors Acting Up</p> <p>2:15 p.m. Tai Chi: Beginning</p>	<p>30</p> <p>8:30 a.m. Get Fit/Stay Fit</p> <p>9:00 a.m. Yoga with Larry</p> <p>9:30 a.m. Duplicate Bridge</p> <p>10:30 a.m. Yoga with Larry</p> <p>1:00 p.m. Paint with Liz "Lighthouse"</p> <p>1:00 p.m. Music Jam Session</p> <p>1:00 p.m. Go4Life</p>	<div>  <p><b>Beesley</b> ANIMAL FOUNDATION www.beesleyfoundation.org</p> </div> <p><b>Wish List</b></p> <p>Distilled Water</p> <p>Cotton Balls- large</p> <p>Clean Used Towels</p> <p>Bathroom Tissue</p> <p>Paper Towels</p> <p>Toilet Bowl Cleaner</p> <p>Bleach</p> <p>Clorox Clean-Up Spray</p> <p>Sandwich and Gallon Zipper Baggies</p> <p>OxiClean or generic version</p> <p>Copy Paper</p> <p>Cat Food- wet or dry- unopened</p> <p>Dog Food- wet or dry- unopened</p>

The following list contains classes and events with NO FEES. You may make a reservation for them by calling 848-2550 or in person at the reception desk.

PROGRAMS OFFERED FOR FREE IN JUNE		
<b>TUESDAY</b> <b>JUNE 13</b> 9:45-11:00 a.m.	<b>INTERNATIONAL FOLKFEST: LITHUANIA AT WESTBROOK TOWERS</b> Join us in welcoming dancers from Lithuania. Thank you International Folkloric Society for bringing us this opportunity to see the dancers, "Jurginelio."	<i>Limit 150</i> <i>Deadline 06/13</i>
<b>FRIDAY</b> <b>JUNE 16</b> 8:30-11:30 a.m.	<b>RABIES CLINIC FOR DOGS AND CATS</b> This is a FREE outreach program offered by Beesley Animal Foundation. Rabies shots will be given to cats and dogs. Dogs will receive Parvo/Distemper shots and rabies shot. Cats will receive their feline distemper and rabies vaccines. Sign up is required. See article for more information. Also, see the Beesley Wish List to bring a "thank you" donation the day of the vaccine.	<i>Limit 75</i> <i>Deadline 06/12</i>
<b>MONDAYS</b> <b>JUNE 19 &amp; 26</b> 9:00 a.m.-12:00 n	<b>INTERMEDIATE STAINED GLASS CLASS</b> This class for persons who <b>have</b> done Stained Glass in the past. This will be a two-week class. All supplies are provided. IF you want to bring your own supplies, you may.	<i>Min 5/Max 10</i> <i>Deadline 06/15</i>
<b>MON &amp; TUE</b> <b>JUNE 19 &amp; 20</b> 10:00 a.m.-12:00 n	<b>IPAD/IPHONE BEGINNER WORKSHOP</b> Take advantage of its tools and Apps! See article on page 3 for more information. Please note class is for two days.	<i>Limit 5</i> <i>Deadline 06/12</i>
<b>MONDAY</b> <b>JUNE 19</b> 10:00-11:30 a.m.	<b>IN THE GARDEN WITH JACK "CRAPE MYRTLES"</b> Which Crape Myrtle is best for you and which one do you like the best? Get tips from Master Gardener Emeritus, Jack Smith.	<i>No Limit</i> <i>No Deadline</i>
<b>MON &amp; TUE</b> <b>JUNE 19 &amp; 20</b> 12:30-2:30 p.m.	<b>ANDROID BEGINNER WORKSHOP</b> Come and learn about your Android smartphone or tablet. Take advantage of its tools and Apps. See article on page 3 for more information. This is a 2 day class.	<i>Limit 5</i> <i>Deadline 06/12</i>
<b>MONDAYS</b> <b>JUNE 19 &amp; 26</b> 1:00-4:00 p.m.	<b>BEGINNING STAINED GLASS CLASS</b> This is for persons who have <b>never</b> done stained glass in the past. This will be a two-week class. All supplies are provided.	<i>Min 5/Max 10</i> <i>Deadline 06/13</i>
<b>TUESDAYS</b> <b>JUNE 20 &amp; 27</b> 9:00-9:45 a.m.	<b>INTERMEDIATE PIANO</b> If you've been studying piano with Jane, this is the class for you. Continue to learn the piano with Music Wellness Instructor, Jane McNulty.	<i>Min 6/Max 10</i> <i>Deadline 06/13</i>
<b>TUESDAYS</b> <b>JUNE 20 &amp; 27</b> 10:00-10:45 a.m.	<b>INTERMEDIATE DULCIMER</b> If you're already studying dulcimer with Jane, this is the class for you. Continue to learn the beautiful mountain dulcimer.	<i>Min 6/Max 10</i> <i>Deadline 06/13</i>
<b>TUESDAYS</b> <b>JUNE 20 &amp; 27</b> 11:00 a.m.-12:00 n	<b>INTRODUCTION TO PIANO</b> If you have ever thought about learning piano or if you took piano early in your life and want to start again then join this FREE introduction to the piano. The instructor, Jane McNulty, makes learning fun with the easier "Piano for Pleasure" method.	<i>Deadline 06/15</i>
<b>TUESDAYS</b> <b>JUNE 20 &amp; 27</b> 12:00 n-1:00 p.m.	<b>INTRODUCTION TO MOUNTAIN DULCIMER</b> The beautiful mountain dulcimer is easy to play. Come and see how you can make music even though you may not think you have the ability.	<i>Min 6/Max 10</i> <i>Deadline 06/14</i>
<b>TUESDAYS</b> <b>JUNE 20 &amp; 27</b> 1:00-2:15 p.m.	<b>INTRODUCTION TO SPANISH</b> It's so important in today's world to be able to communicate. If you've ever thought about learning a new language, now is your chance.	<i>Min 4/Max 20</i> <i>Deadline 06/15</i>
<b>TUESDAYS</b> <b>JUNE 20 &amp; 27</b> 2:15-3:30 p.m.	<b>SPANISH 1</b> Begin learning Spanish. This class focuses on teaching you the Spanish language (more grammar). Who knows you may retire in Mexico.	<i>Min 4/Max 20</i> <i>Deadline 06/15</i>



# PROGRAMMING

The following list contains classes and events with NO FEES. You may make a reservation for them by calling 848-2550 or in person at the reception desk.

PROGRAMS OFFERED FOR FREE IN JUNE		
TUESDAYS <b>JUNE 20 &amp; 27</b> 3:00-4:00 p.m.	<b>BALLROOM DANCE CLASS</b> Call to sign up for a two-week FREE class in ballroom dance with instructor, Deborah Sullivan. Beginners are welcome.	Limit 25 No Deadline
WEDNESDAY <b>JUNE 21</b> 10:00-11:15 a.m.	<b>MORNING CHAT WITH AN OFFICER: K9S</b> Officer Amy Norville is bringing a couple of their K9s (police dogs) and their handlers to explain the different jobs each dog has and exhibit some of their skills. One dog will show his tracking capabilities used in case of a lost child or memory issue patient.	Limit 50 No Deadline
WEDNESDAY <b>JUNE 21</b> 12:00 n-2:00 p.m.	<b>FACEBOOK WORKSHOP</b> Facebook is a wonderful way to keep abreast of the daily lives of those you love. Come and learn how to stay connected. See article on page 3 for more information.	Limit 5 Deadline 06/14
THURSDAY <b>JUNE 22</b> 9:00 a.m.-3:00 p.m.	<b>MIXED MEDIA: DANDELIONS IN THREE DIFFERENT MEDIUMS</b> This class is well suited for beginners. All supplies provided.	Min 5/Max 12 Deadline 06/16
FRIDAY <b>JUNE 23</b> 9:00 a.m.-12:00 n	<b>ART WITH SELINA: WATERCOLOR CLASS</b> Meet Selina Hyzer, an enthusiastic artist who just joined our group of instructors. This class is suitable for beginners to advanced students. All supplies are provided.	Limit 12 Deadline 06/16
FRIDAY <b>JUNE 23</b> 2:00-4:00 p.m.	<b>UPCYCLING: NO-SEW WORK APRON</b> Make a No Sew Work Apron out of old jeans. What a fun way to recycle! You may bring a pair of old jeans and some patches for Ashely Wilkerson is the instructor. She will bring some old jeans and patches, but you are welcome to bring a special patch of your own if you like. What a fun craft that helps save our environment.	Min 10/Max 20 Deadline 06/19
SATURDAY <b>JUNE 24</b> 12:30-3:00 p.m.	<b>COOKING CLASS</b> Class introduces you to Joyful Provisions, a company with 22 different chefs of varying expertise to share their knowledge with you.	Min 5/Max 40 Deadline 06/19
MON & TUE <b>JUNE 26 &amp; 27</b> 10:00 a.m.-12:00 n	<b>IPAD/IPHONE BEGINNER WORKSHOP</b> Come and learn about your iPhone and/or iPad! Take advantage of its tools and Apps! See article for more information.	Limit 5 Deadline 06/19
MONDAY <b>JUNE 26</b> 10:00-11:00 a.m.	<b>DO THIS NOT THAT!</b> Learn what to do and not to do when you check into a hotel or motel.	Limit 40 Deadline 06/23
MON & TUE <b>JUNE 26 &amp; 27</b> 12:30-2::30 p.m.	<b>ANDROID BEGINNER WORKSHOP</b> Come and learn about your Android smartphone or tablet! Take advantage of its tools and Apps! See article on page 3 for information.	Limit 5 Deadline 06/19
TUESDAY <b>JUNE 27</b> 9:30-11:00 a.m.	<b>1960s BIRTHDAY CONCERT</b> Let's celebrate everyone's birthday with a cake by Dream Cakes and music by Sam Mullins & Jim Frazier.	Limit 130 Deadline 06/23
WEDNESDAY <b>JUNE 28</b> 10:00-11:00 a.m.	<b>FOOD SAFETY WITH UT EXTENSION</b> Learn the safe way to store food safely and concerns such as thawing, improper holding temperature for storage. Class would be great for volunteers who work events and handle food.	Limit 40 Deadline 06/26
WEDNESDAY <b>JUNE 28</b> 12:00 n-2:00 p.m.	<b>FACEBOOK WORKSHOP</b> The social network is a wonderful way to keep abreast of the daily lives of those you love. Join in and learn how to stay connected. See article on page 3 for more information.	Limit 5 Deadline 06/21

# PROGRAMMING

The following list contains classes and events with NO FEES. You may make a reservation for them by calling 848-2550 or in person at the reception desk.

## PROGRAMS OFFERED FOR FREE IN JUNE

THURSDAY <b>JUNE 29</b> 10:00-11:00 a.m.	<b>SCIENCE CLASS WITH TENNESSEE NURSERY</b> Science is fun! Join us as we introduce Ms. Tammy Sons from Tennessee Nursery and explore the science of nature. She has a fun hands-on project for you and information about plants and flowers.	Limit 40 Deadline <b>06/26</b>
FRIDAY <b>JUNE 30</b> 1:00-3:00 p.m.	<b>PAINT WITH LIZ: LIGHTHOUSE</b> Celebrate your inner artist with Liz Farar who uses simple and fun oil painting techniques in this unique class. Take home a finished piece. All supplies furnished.	Min 5/Max 12 Deadline <b>06/23</b>
Please note: The following class, CPR/AED First Aid is NOT free, but offered at a reduced rate in JUNE.		
SATURDAY <b>JUNE 24</b> 8:30 a.m. -3:00 p.m.	<b>C.P.R./AED &amp; FIRST AID CLASS</b> Learn these lifesaving procedures from the American Red Cross.	Min 8/Max 12 Deadline <b>06/13</b> Class Fee: \$30

## PHYSICAL FITNESS PROGRAMS OFFERED FOR FREE IN JUNE

MWF <b>JUNE 19-30</b> 8:30-9:30 a.m.	<b>GET FIT STAY FIT</b> This is a great intermediate fitness/exercise class. Come and join our new instructor, Mark Chambers.	Limit 24 Deadline <b>06/14</b>
MON & WED <b>JUNE 19-28</b> 9:00-10:00 a.m.	<b>DOT'S GENTLE YOGA</b> This is a wonderful way to introduce yourself to Yoga. If you've ever thought you'd like to try this wonderful exercise, this is your chance!	Limit 24 Deadline <b>06/14</b>
MONDAYS <b>JUNE 19 &amp; 26</b> 9:00-9:45 a.m.	<b>ZUMBA GOLD</b> Join the party. Zumba Gold is a great aerobic training that incorporates a medley of Latin dance styles including merengue, cha-cha, cumbia, belly dance, rumba, tango and salsa adapted for folks with less exercise experience. It builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. All levels are welcome.	Limit 20 Deadline <b>06/16</b>
MONDAYS <b>JUNE 19 &amp; 26</b> 10:30-11:15 a.m.	<b>TAP DANCE</b> Did you dream of being a dancer when you were young? Well now is the time to fulfill those dreams and it's great exercise.	Limit 20 Deadline <b>06/16</b>
MON & WED <b>JUNE 19-28</b> 10:30-11:30 a.m.	<b>DOT'S GENTLE YOGA</b> This is a wonderful way to introduce yourself to Yoga. If you've ever thought you'd like to try this wonderful exercise, this is your chance!	Limit 24 Deadline <b>06/14</b>
TUE & THUR <b>JUNE 20-29</b> 1:00-2:00 p.m.	<b>TAI CHI INTERMEDIATE</b> Tai Chi is an ancient martial art that reduces stress and anxiety as well as increasing flexibility and balance. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements.	Limit 15 Deadline <b>06/19</b>
TUE & THUR <b>JUNE 20-29</b> 2:15-3:15 p.m.	<b>TAI CHI BEGINNING</b> If you think you'd like to try Tai Chi, now is your chance. It's free in June. Come and destress, improve your balance and increase your flexibility.	Limit 15 Deadline <b>06/19</b>
THURSDAY <b>JUNE 22 &amp; 29</b> 8:30-9:30 a.m.	<b>ZUMBA GOLD TONING</b> Join the party! Zumba Gold Toning expands on Zumba Gold by adding light weights for some of the movements to work more on toning arms. All levels are welcome.	Limit 20 Deadline <b>06/20</b>
FRIDAYS <b>JUNE 23 &amp; 30</b> 9:00-10:00 a.m.	<b>YOGA WITH LARRY</b> Larry is a new instructor for St. Clair. His class will be great! Come and check it out.	Limit 24 Deadline <b>06/22</b>



PROGRAMMING

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FITNESS PROGRAMS OFFERED FOR FREE IN JUNE		
FRIDAYS JUNE 23 & 30 10:30-11:30 a.m.	<b>YOGA WITH LARRY</b> Larry is a new instructor at St. Clair. His class will be great. Come and check it out.	Limit 24 Deadline 06/22
PROGRAMS OFFERED IN JULY		
WEDNESDAY JULY 5 12:30-2:00 p.m.	<b>SUMMER PARTY/SINGING SENIORS</b> Check your worries at the door! Our wonderful Singing Seniors are going to entertain us with great songs of the season. Light refreshments served.	No Limit No Deadline No Fee
FRIDAY JULY 7 10:00-11:15 a.m.	<b>SCAM PANEL/IDENTITY THEFT</b> Learn about the current scams and how to protect your identity from professionals who help people deal with this every day.	Limit 50 Deadline 07/06 No Fee
MONDAY JULY 10 10:00 -11:30 a.m.	<b>IN THE GARDEN: OUR FUTURE FLIES ON THE WINGS OF POLLINATORS</b> Learn how pollinators interact with flowers to create our food. What is the future of pollinators and how we can help them to survive?	No Limit No Deadline
WEDNESDAY JULY 12 11:30 a.m.-1:00 p.m.	<b>LUNCH AND LEARN: MAKING A HOME FOR LIFE</b> Making a Home for Life: Things to Consider for Aging in your own home. Brought to you by "A Better Nest" in Nashville. Bring your brown bag lunch. Drinks will be provided.	Limit 25 No Deadline

PROGRAM HIGHLIGHTS

Stained Glass Class

If you have never taken a Stained Glass Class but thought you might enjoy it, NOW is the time to get your feet wet and create your first masterpiece. Fiona Dowd, from the National College of Art and Design in Dublin, Ireland has her Bachelor’s Degree in Craft Design (BDes) specializing in glass. Fiona is offering Beginning Stained Glass on Mondays from 1:00-4:00 and a special project for Intermediate Stained Glass students from 9:00-12:00 on Mondays. The dates are June 19 and 26th. The classes are FREE and you may only sign up for either Beginning or Intermediate. Limit is 10 persons per two-week class in June.

OPEN STUDIO

Open Studio is scheduled for Wednesdays from 12:00-3:00 p.m. in the craft room (classroom 406). Open Studio is a gathering of artists using any medium to work on their own projects and have quality time with other artists. You need to bring all supplies needed for your work. The first Open Studio begins Wednesday June 21<sup>st</sup>. Bring your paintings or other art work and join the fun. No food permitted in the space during Open Studio. Water bottles with lids are allowed.

Beesley Animal Foundation Clinic

On Friday June 16 there’s a free vaccine clinic from 8:30-11:30 a.m. Dogs must be on a leash and cats must be in a carrier. The owner will hold the animal while injections are given. Animals not properly in a carrier or on a leash will not be vaccinated.

The clinic will be in lower game room area, as before. Enter those doors and check in, then exit to the waiting area outside under the awning. Chairs will be available. Each dog receives a rabies vaccine & parvo/distemper. Cats receive a rabies vaccine & feline viral Rhinotracheitis Calici Panleukopenia. Registration is required. No walk-ins. Arrive 15 minutes before your appointment time to fill out paperwork. Thank you Beesley Animal Foundation! Deadline to sign up is June 12<sup>th</sup>.

The Beesley Animal Foundation outreach program offers FREE vaccines for dogs and cats for persons on social security or limited income! To thank Beesley, please bring a donated item for the Beesley Clinic. See the Beesley Wish List in our newsletter.



Drew Anderson  
Program Coordinator  
danderson@  
murfreesborotn.gov

## From America's Castles to the Roots of Rock and Roll

The Gilded Age of America produced some of the greatest architecture in American history. Many of these great mansions still stand as monuments to their time and trophies to the men who built them. Elite Master Craftsmen and Stonemasons worked tirelessly to create these timeless pieces of structural art. For our region, we can enjoy The Biltmore Estate which stands tall among

the mountains of the Pisgah National Forrest. For those who have visited the Biltmore, they can attest to the beauty and grandeur of this fairy tale home. The opulence, design and technology that were incorporated into the Biltmore and homes similar more than 100 years ago still amaze and impress when compared to typical structures of their time. Just as important as the structures themselves are the antiques and classic works of art that fill each room in these homes turning them into museums within a museum.

The Castles of New York departing August 7-11 is a trip that will take you to two Gilded Age mansion homes both nestled on their own private islands on the of the St. Lawrence River. Starting with Singer Castle located on Dark Island. This home was built by the Bourne Family in 1905. The next mansion home is Boldt Castle on Heart Island. This Castle was built as a monument of love by George Boldt for his wife, Louise. You will also visit Wing's Castle a unique architectural marvel located on the banks of the Hudson River. This trip will also feature a tour of Millbrook Vineyards and Winery, a steamboat river cruise on the St. Lawrence River, 2 night stay Edgewood Resort and will be capped off by a guided tour of the New York State

Capital Building. Every state has a unique a beautifully designed capital building and The Empire State's capital is a marvel of 19th century building architecture. Castles of New York is going to be a great trip and is wonderful time to leave Tennessee for a less humid weather in New York.

Our next feature trip is Memphis which is steeped deep in Tennessee history and the largest city of our state. Being one of the greatest cities set along the Mississippi River, Memphis has many features that attract millions of visitors each year. You have the opportunity to experience the best attractions of musical roots that made Memphis a corner-



stone of the American music scene. Stand where great musicians like Howlin' Wolf, BB King, Johnny Cash, Rory Orbison and yes the king himself, Mr. Elvis Presley stood and recorded their first hits. Let Sun Studio tell you the unique story of Rock and Roll in the 1950s while viewing enormous amounts of famous memorabilia. You will also have the opportunity to visit the Stax Museum of American

Soul Music. An homage to American Soul Music. Featuring more than 2,000 films, records, photographs, original instruments, stage costumes, interactive exhibits and exhibiting an authentic 101 year old Mississippi Delta Church to help show the Gospel roots of Soul Music. Stax Museum also features Isaac Haye's 1972 gold trimmed, peacock blue Cadillac Eldorado.








While in Memphis you will also have free time on Beale Street the official home of the blues. Beale street has been rated as "Americas most iconic street" and Tennessee's Top Tourist Attraction. No one should visit Memphis without visiting Graceland. Home to Elvis Presley and kept in its original opulence. Walk where the king did and see his world as he viewed it and relive the charm and charisma that made Elvis famous worldwide.

*Visit us on the web at [www.murfreesborotn.gov/seniorcenter](http://www.murfreesborotn.gov/seniorcenter)*



# TRAVEL

- The following trips require payment at registration and registration for the following trips must be handled in person.
- **Sign up for trips will be . . .**
- Payment is accepted via check or cash only.
- Please note deadlines, participant limits and other costs involved.
- If a trip is sold out, please ask to put your name on the wait list in case of a cancellation. Thanks!

<b>FRIDAY</b> <b>JUNE 2</b> 4:00 p.m. 10:00 p.m. Deadline: <b>05/29</b>	<b>FRANKLIN ART CRAWL</b> The first Friday of each month, the Downtown Franklin Association presents the Franklin Art Scene, which includes dozens of sites dispersed through an area thriving with spots listed on the National Register of Historic Places in downtown Franklin. The free event celebrates Williamson County's local craftsmanship, and provides both the novice and the art connoisseur an opportunity to see a sweeping variety of magnificent work—from blown glass to turned wood to mixed media and more. Bring money.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$ 
<b>SATURDAY</b> <b>JUNE 3</b> 7:00 a.m. 11:45 p.m. Deadline: <b>05/29</b>	<b>CARS AND COFFEE</b> Car enthusiast unite and join the Cars and Coffee Car group for this special event which will be held in Franklin with a special "exotic" edition of Cars n' Coffee. This free event regularly features 100-200 unique, classic, custom and exotic cars for you to enjoy.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$ 
<b>MONDAY</b> <b>JUNE 5</b> 8:30 a.m. 1:00 p.m. Deadline: <b>05/31</b>	<b>BLUEBERRY PICKING AT VALLEY HOME FARM, WARTRACE, TN</b> Blueberry season at Valley Home Farm starts in June! They planted five early, delicious varieties that will be ready for picking. Blueberries are sold by the gallon, half-gallon and quarts. Pick-your-own are sold by the pound for the serious blueberry picker, they offer the use of special belted buckets, which are worn around the waist and it leaves both hands free for quicker picking. Tomatoes, onions, and other vegetables are available pre-picked during berry season. Fresh bakery items, jams and jellies are also available. Valley Home is a 5-generation family farm specializing in pick-your own or pre-picked strawberries, blueberries and blackberries.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$ 
<b>TUESDAY</b> <b>JUNE 6</b> 9:00 a.m. 9:00 p.m. Deadline: <b>05/30</b>	<b>TROPICANA GAMBLING</b> TROPICANA'S WORLD'S FAMOUS GAMING, Evansville IN. Leaving from city parking garage. Enjoy hot, Las Vegas-style gaming at Tropicana's premier Indiana casino. Tropicana's bright and casino offers you ways to win beyond your wildest dreams with the hottest slot machines & your favorite table games. Reel Slots – FREE BUFFET and FREE \$5.00 in PLAY!!! Please park in the rear of the lower parking garage located underneath City Hall between Tommy Martin Dr. and 111 West Vine St. The buffet is open for lunch!	ADMISSION \$5 TRANSPORTATION INC. Limit 52 COST: \$ 
<b>MONDAY</b> <b>JUNE 12</b> 8:30 a.m. 2:00 p.m. Deadline: <b>06/08</b>	<b>TENNESSEE STATE PARKS! ROCK ISLAND</b> Rock Island State Park is located on the headwaters of Center Hill Lake at the confluence of the Caney Fork, Collins and Rocky Rivers. The rugged beauty of the park includes the Caney Fork Gorge below Great Falls Dam. These overlooks are some of the most scenic and significant along the Eastern Highland Rim. Great Falls is a horseshoe cascading waterfall, located below the 19th century cotton textile mill that it powered over 100 years ago. The Caney Fork River Gorge contains scenic overlooks, waterfalls, deep pools and limestone paths perfect for hiking. The park's whitewater sections attract professional freestyle kayakers from around the world. It also features a natural sand beach.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
<b>TUESDAY</b> <b>JUNE 13</b> 4:00 p.m. 9:45 p.m. Deadline: <b>06/08</b>	<b>WILD HORSE COUNTRY LINE DANCING</b> Calling all dancer's to the world famous Wild Horse! David Oakleaf will be performing this night. You're cordially invited to Let Go of the Reins. At the Wild Horse you have permission to get lost in the music, on the dance floor, or with the taste of their award-winning BBQ. You will become part of the show, not just part of the audience. Because there's little distinction between dance floor and stage door. Free until 6:00 p.m. \$6.00 afterwards.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$ 
<b>THURSDAY</b> <b>JUNE 15</b> 10:30 a.m. 2:00 p.m. Deadline: <b>06/09</b>	<b>MYSTERY LUNCH</b> Mystery lunch . . . we will eat between 11:30-11:45 a.m.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$ 

TRAVEL








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- **Sign up at**
- Payment is accepted via check or cash only.
- Please note deadlines, participant limits and other costs involved.
- If a trip is sold out, please ask to put your name on the wait list in case of a cancellation. Thanks!

<b>FRIDAY JUNE 16</b> 9:00 a.m. 2:00 p.m. Deadline: <b>06/12</b>	<b>NASHVILLE FARMER’S MARKET</b> The Nashville Farmers’ Market is home to farmers, food artisans, restaurateurs, shop owners, crafters, flea merchants, special events, workshops, classes, chef demos, and more throughout the year! The weekend always brings in the best of the best and Friday is the best day to go with smaller groups and first pickings. Don’t miss this Nashville treasure that is sure to please. Also, enjoy their Market House which consists of 14 locally owned restaurants and shops offering cuisines that span the globe, from Neopolitan wood-fired pizzas to gyro sandwiches to Jamaican jerk chicken and Korean bibimbap. Bring money to shop and eat.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$ 
<b>SATURDAY JUNE 17</b> 2:00 p.m. 10:00 p.m. Deadline: <b>06/13</b>	<b>PORCHFEST TENNESSEE BLOCK PARTY</b> Porch Fest is a huge block party Tennessee style happening at Westhaven community just west of Franklin, TN. Join around 100 musicians and 50 local makers, crafters and artisans for this great night. You will move from porch to porch enjoying meeting host families while varying types of music bring the neighborhood porches alive. Hungry? Let Nashville’s top food truck vendors provide you with many places to eat along the way and if you are lucky, you may even have a chance encounter with a company that was featured on ABC’s Shark Tank! Fold up lawn chairs are encouraged for this event.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$ 
<b>THURSDAY JUNE 22</b> 10:45 a.m. 1:30 p.m. Deadline: <b>06/16</b>	<b>PUCKETT’S GROCERY</b> Puckett’s Grocery has come to Murfreesboro. Situated on the square just around from the courthouse is one of Middle Tennessee premier restaurants. Enjoy this new experience with stress free parking and valet service at the front door. Puckett’s is a famous meat and three and also has a full menu. They also have special ice cream.	BRING \$ TRANSPORTATION \$2 <i>Limit 23</i> COST: \$\$ 
<b>SATURDAY JUNE 24</b> 10:00 a.m. 7:00 p.m. Deadline: <b>06/20</b>	<b>TENNESSEE SENIOR OLYMPICS STATE FINALS TRACK AND FIELD</b> Cheer on the 37th annual Tennessee Senior Olympics State Finals, a sports competition for athletes 50 and older that combines a wide range of competitive activities. Residents from 10 District/Metropolitan areas across the state will be competing. You have the opportunity to cheer on the Track and Field sporting competitions which include: Shot put, discus, Javelin, Softball Throw followed by the 100 Meter Run, 4x100 Relay, Power Walk and Fitness Walk. This will also be a great trip for anyone interested in participating in the activities in the future.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$ 
<b>SATURDAY JUNE 24</b> 10:00 a.m. 7:00 p.m. Deadline: <b>06/19</b>	<b>MISS JAMBOREE PAGEANT, SMITHVILLE, TN</b> Miss Jamboree Pageant will be held to decide who will be the Queen of the Smithville Jamboree. Enjoy the many elaborate designs of dresses and colorful costumes for the many contestants who will be competing for Queen of the Jamboree. Bring \$5 for admission.	BRING \$ TRANSPORTATION \$8 <i>Limit 13</i> COST: \$-\$\$ 
<b>TUESDAY JUNE 27</b> 8:30 a.m. 5:30 p.m. Deadline: <b>06/14</b>	<b>CUMBERLAND COUNTY PLAYHOUSE PRESENTS BEAUTY AND THE BEAST</b> Cumberland County Playhouse Presents! “A tale as old as time, true as it can be, barely even friends then someone bends unexpectedly. Beauty and the Beast.” Come and experience the classic tale of song, dance, fright, bravery and of course true love. This hit Broadway musical tells the classic story of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped in a spell placed by an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed to his former self. I am thrilled this magical production and my favorite musical is at the Cumberland County Playhouse stage for you to experience as well! Bring money for lunch.	ADMISSION \$24 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ 
<b>SATURDAY JULY 1</b> 10:00 a.m. 4:00 p.m. Deadline: <b>06/27</b>	<b>FIDDLER’S JAMBOREE</b> World famous Smithville, Tennessee’s Fiddler’s Jamboree. Enjoy pure, live Appalachian music. Bluegrass music is best experienced live and this is one of the best festivals in the world for it. There are also various craft and food vendors as well.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ 









# TRAVEL

- The following trips require payment at registration and registration for the following trips must be handled in person.
- **Sign up at Patterson Park during the times St. Clair Staff is there: Mondays, Wednesdays, Thursdays from 10:00 a.m.-2:00 p.m. until May 4<sup>th</sup>.**
- Payment is accepted via check or cash only.
- Please note deadlines, participant limits and other costs involved.
- If a trip is sold out, please ask to put your name on the wait list in case of a cancellation. Thanks!

<b>SATURDAY</b> <b>JULY 8</b> 10:00 a.m. 4:00 p.m. Deadline: 07/03	<b>SOUTHERN SUMMER CHILI DAY</b> The International Chili Society's Tennessee State Chili Cook Off will take place for the eighth straight year on the grounds of the Bedford County Courthouse. There will be competition in red chili, green chili and salsa. Salsa tasting. Accompanied the cook off will be a car show, dog show, craft vendors and food booths.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
<b>WEDNESDAY</b> <b>JULY 12</b> 7:30 a.m. 10:45 p.m. Deadline: 07/07	<b>MYSTERY BREAKFAST</b> Mmm.... Mmm... Breakfast is good. It's even better when it's home cooked in a unique mystery restaurant setting.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
<b>FRIDAY</b> <b>JULY 14</b> 8:30 a.m. 4:30 p.m. Deadline: 07/10	<b>TOUR OF GOODWILL'S</b> Tour Goodwill's stores in Nashville with a special stop at Goodwill's very own Goodwill Outlet store where items are sold by the pound.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
<b>SATURDAY</b> <b>JULY 15</b> 9:15 a.m. 3:45 p.m. Deadline: 07/1	<b>18TH ANNUAL GLASS SHOW AND SALE</b> The Fostoria Glass Society of Tennessee Presents Nationally known dealers from several states who will have a wide variety of American-made glassware and pottery to show and sell. The glassware will include Early American Pattern Glass (EAPG), elegant glass, depression glass, and mid-century modern glassware. Dealers will also have pottery pieces by Shawnee, McCoy, Weller and other American potters. Admission is \$6.00 at the door.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
<b>TUESDAY</b> <b>JULY 18</b> 10:00 a.m. 1:30 p.m. Deadline: 07/12	<b>GREAT TENNESSEE BBQ</b> Peg Leg BBQ in Nashville, TN has been named one of the 16 Hottest BBQ Joints by Eater National, Cooking with Paula Dean Magazine named Peg Leg Porker one of the Top 10 BBQ Joints in America. Pit Master Carey Bringle has also been featured on national television shows Chopped Grill Masters, Bizarre Foods America, Hungry Brothers and BBQ Crawl. He was also invited to cook at the prestigious James Beard House in New York City with Chef Tandy Wilson. He was the featured chef at "Hogs for the Cause" in New Orleans which benefits pediatric cancer research. And yes, he is a Tennessee native and proud to call Nashville home. At 17 Carey was diagnosed with Osteogenic Sarcoma and lost his right leg. Determined to embrace everyday challenges with a zest for life Carey has created one of the best BBQ restaurants in Nashville. Peg Leg BBQ.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
<b>WEDNESDAY</b> <b>JULY 19</b> 9:00 a.m. 4:00 p.m. Deadline: 07/13	<b>KIRBY'S GREAT TOUR OF NASHVILLE II</b> By popular demand Kirby's Great Tour of Nashville has been brought back for the many who were unable to make on the first tour. This trip is a great way to meet Kirby and Nashville. Join Kirby as he guides you through the streets of Music City's iconic history, lore and legend. From decades past and modern day. Growing up in Nashville has given Kirby a love for the city and it's people.	BRING \$ TRANSPORTATION \$8 Limit 13 COST: \$-\$\$ 
<b>THURSDAY</b> <b>JULY 20</b> 10:00 a.m. 2:00 p.m. Deadline: 07/14	<b>MYSTERY LUNCH</b> It's a mystery . . .	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 

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- Please note deadlines, participant limits and other costs involved.
- If a trip is sold out, please ask to put your name on the wait list in case of a cancellation. Thanks!

<b>FRIDAY</b> <b>JULY 21</b> 7:30 a.m. 2:00 p.m. Deadline: 07/17	<b>NASHVILLE FLEA MARKET</b> The Nashville Flea Market is considered one of the top ten flea markets in the country. Approximately 800 to 1200 dealers and vendors from 30 states offer their wares to the buying public every month. With an average of 2000 booths, The Tennessee Magazine and Busy Bee Trader continue to vote the Nashville Flea Market as the #1 FLEA MARKET in Tennessee	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$ 
<b>FRIDAY</b> <b>JULY 21</b> 4:30 p.m. 9:45 p.m. Deadline: 07/17	<b>NASHVILLE'S FARMER'S MARKET AT NIGHT!</b> Sip, shop, and dine at Nashville's Farmer's Night Market! Night Market features live music, seasonal adult beverages, and food options from restaurants and food trucks. Check in each month for special events and featured artisans!	BRING \$ TRANSPORTATION \$8 <i>Limit 13</i> COST: \$-\$ 
<b>SATURDAY</b> <b>JULY 22</b> 7:00 a.m. 5:30 p.m. Deadline: 7/18	<b>DANCING DAYS OF SUMMER LINE DANCE PARTY &amp; WORKSHOP</b> Boots and Buckles Presents: Dancing Days of Summer Line Dance Party and Workshop. This trip is for anyone interested in line dancing from beginner, intermediate to improver. \$15.00 at the door. You will learn from Jeanette Bowen, Jamie Marshall and Leslie Thompson.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$ 
<b>TUESDAY</b> <b>JULY 25</b> 9:15 a.m. 4:00 p.m. Deadline: 07/19	<b>GREEN HILLS MALL SHOPPING</b> Immerse yourself in this spirited shopping atmosphere, where more than 100 specialty stores and eateries offer uncompromising quality and a compelling commitment to delivering the exceptional.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$ 
<b>WEDNESDAY</b> <b>JULY 26</b> 9:00 a.m. 4:00 p.m. Deadline: 07/20	<b>KIRBY'S GREAT TOUR OF NASHVILLE II</b> By popular demand Kirby's Great Tour of Nashville has been brought back for the many who were unable to make on the first tour. This trip is a great way to meet Kirby and Nashville. Join Kirby as he guides you through the streets of Music City's iconic history, lore and legend. From decades past and modern day. Growing up in Nashville has given Kirby a love for the city and it's people.	BRING \$ TRANSPORTATION \$8 <i>Limit 13</i> COST: \$-\$ 
<b>SATURDAY</b> <b>JULY 29</b> 5:45 p.m. 10:00 p.m. Deadline: 06/29	<b>EMMY SUNSHINE PERFORMS AT BIRDSONG STUDIO</b> It's nearly impossible to describe the exceptional talents of EMISUNSHINE, a 12-year-old East Tennessee prodigy who has captured the nation's attention as a singer, songwriter, and multi-instrumentalist. Steeped in Appalachian music, Emi is a true vocal stylist. Emi Sunshine has been able to write and record her own music, cementing her reputation as a well-crafted storyteller. The fearless performer has performed on The Today Show, The Grand Ole Opry and at The Ryman. Please sign up soon as space is limited and we have an early deadline for this trip. Please eat before the trip Admission \$22 at the door.	BRING \$22 TRANSPORTATION \$8 <i>Limit 12</i> COST: \$-\$ 

# Trip to DANCIN' DAYS OF SUMMER

**Saturday, July 22**  
*(See above for more info)*  
**in Chattanooga**

## For all levels of dance

## Beginner

## Beginner/Intermediate

## Improver

Lots of open dance with walk-throughs. Improver/Intermediate/Split-floor dancing during a one-hour lunch break. Soft sole shoes only. **NO BOOTS or HARD Soles.**



Instructed by:

Jeanette Bowen, NTA State Director,  
in Tennessee

Jamie Marshall, 6-time UCWDC  
World Super Star Champion  
Leslie Thompson, Line Dance  
Instructor

**Contact Drew Anderson at 615-848-2550 for more information on the trips above.**



## ST. CLAIR TRIPS

### Castles of New York

6 Days 5 Nights

August 7-11

\$794 per person, double occupancy

Add \$229 for single occupancy

Deadline is June 14

This trip is for anyone who loves the Biltmore and would like to learn more about the Gilded Age and Master Craftsmen and Stone Masons finished work. Highlights of your trip include: 5 nights lodging 2 of which are at the Edgewood Resort on the St. Lawrence River. 5 Breakfasts, 1 Boxed lunch, and 3 Dinners. Boldt Castle located on Heart Island on the St. Lawrence River was built by George Boldt for his wife Louise as a monument of love. Singer Castle located on Dark Island on the St. Lawrence River was built in 1905 by the Bourne Family. Wings Castle is a unique architectural marvel on the Hudson River built by Peter and Toni Wing. Millbrook Vineyards and Winery tour with sampling. This winery is nestled on the Hudson River and produces world-class wines. A St. Lawrence River Cruise and a guided tour of New York State Capital Building.

### Memphis Home of the Blues

3 Days 2 Nights

September 6-8

\$310 for double occupancy

Add \$50 for single occupancy

Deadline is July 3

Highlights of your trip include:

2 Nights Lodging, 2 Breakfasts, 2 Dinners and admission to Graceland: Opulent Home of Elvis Presley. Admission to Sun Studio: One of Memphis top rated attractions and first studio of many stars including Elvis Presley and Howlin' Wolf, BB King and Johnny Cash. Free time on Beale Street. Admission to Stax Museum of American Soul Music featuring more than 2,000 videos, films, photographs, original instruments, stage costumes, interactive exhibits and other memorabilia. The museum also features a 101 year old Mississippi Delta Church. Admission to the National Civil Rights Museum.

### Cruise Hawaiian Islands with Norwegian

October 28- November 4

Includes round-trip airfare & rates vary  
8 Days and 7 Nights.

Deadline is June 17

Guided Cruise on the Pride of America from Honolulu, Maui, Hilo, Kona and Nawiliwili.

### Albuquerque Balloon Fiesta

6 Days

October 13-October 18

\$2,145 with booking discount.

Single supplement is \$675



Deadline is July 30, 2017

Highlights of your trip include:

Presented by Premier World Discovery, round-trip airfare and the Albuquerque International Balloon Fiesta. Albuquerque town tour, Old Town Albuquerque, Indian Pueblo Cultural Center, Bandelier National Monument Los Alamos Science Museum, Santa Fe City Tour, Taos Pueblo, Taos City tour High Road to Taos, 3 nights in Santa Fe, tour director and 5 Breakfasts and 2 Dinners.

### Christmas in Branson

7 Days & 6 Nights

December 4-8

Deadline is October 5.

\$714 per person, double occupancy

Add \$219 for single occupancy

6 Breakfasts and 4 Dinners, 7 Spectacular Christmas Shows, Guided tour of College of the Ozarks, Branson Landing and downtown Branson, Christmas lights tour and Moonshine tasting and Dicks 5 & 10.

## WHERE IN THE WORLD IS DREW?

Drew Anderson is at Westbrook Towers on Thursdays and Fridays from 10:00 a.m. until 2:00 p.m. to sign anyone up for trips and classes at St. Clair Senior Center. He will be there on those days until St. Clair re-opens in June.



Visit us on the web at [www.murfreesborotn.gov/seniorcenter](http://www.murfreesborotn.gov/seniorcenter)

**JUNE 2017**



PRSRT STD  
U. S. POSTAGE PAID  
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325 St. Clair Street • PO Box 332369  
Murfreesboro, TN 37133-2369  
615-848-2550

**Hours of Operation:** Monday - Friday  
8:00 a.m. - 4:30 p.m.  
Saturday from 10:00 a.m.-3:00 p.m.

Visit us on the web at  
[www.murfreesborotn.gov/seniorcenter](http://www.murfreesborotn.gov/seniorcenter)

**SENIOR DINING/MEALS ON WHEELS**  
Debbie Willis, Site Coordinator  
Call 615-895-1870 for lunch reservations.

**MCHRA TRANSPORTATION**  
615-890-2677

## ST. CLAIR STREET SENIOR CENTER STAFF

**Director**  
Connie Rigsby

**Administrative Aide II**  
Diane Smith

**Administrative Aide I**  
Sarah Beckman  
Kim Harding Todd

**Administrative  
Support Specialist**  
Kathy Herod

**Program Coordinators**  
Drew Anderson  
Brenda Kiskis Elliott  
Lisa S. Foster

**Care Program Specialist**  
Dee Brown

**Adult Day Service  
Program Coordinator**  
Amanda Pullias

**ADS Activity Assistants**  
Randy Huffman

**Custodians**  
T.J. Key  
Ray Crockett

**Caregiver Information  
Coordinator**  
Cindi Thomas

**Nurse**  
Laura Grissom

**Facility Attendant**  
Deborah Woodward

**Van/Bus Driver**  
Kirby Jeffreys • Tiffany Peden

THANK YOU ALL  
FOR YOUR KIND DONATIONS  
TO THE CENTER!

*No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or subjected to discrimination under any program or activity receiving federal financial assistance. (Title VI of the Civil Rights Act of 1964)*



*This project is funded under agreement with Greater Nashville Regional Council and funded in part by the United Way.*